NAME_____ SourcePoint Meals on Wheels Program

JUNE - HOT CARB CONTROLLED

Cancellations must be received by 11am, 1 business day in advance
To order alternate meals, please call 2 business days in advance
(740) 203-2433 or spnutrition@mysourcepoint.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 NO MEAL DELIVERY Use Frozen Holiday Meals	**2** Stuffed Chicken Baby Bakers Potatoes Green Beans	**3** Cod w/Lemon Cream Sauce Tri-colored Potatoes Spinach	**4** Shredded Pork Tinga Queso Fresco Corn & Black Beans Roasted Zucchini Tortillas
7 Ratatouille Stuffed Zucchini Roasted Sweet Potatoes Sauteed Super Greens	**8** Mushroom, Spinach, Leek & Bacon Frittata Potatoes O'Brien Stewed Tomatoes	**9** Cheese Lasagna Roll-Ups w/ Roasted Red Pepper Sauce California Vegetable Blend Green Beans	**10** Cheesesteak Stuffed Peppers Herb Roasted Redskin Potatoes Malibu Vegetable Blend	**11** Garlic Chicken Stir-fry Brown Rice Midori Vegetable Blend
14 Hot Dog w/Bun Coney Sauce Corn Applesauce	**15** Roasted Pork Loin w/Gravy Roasted Yukon Potatoes Steamed Carrots	**16** Vegetable Frittata Tri-colored Potatoes Spinach	**17** Salsa Chicken Refried Beans Roasted Zucchini	**18** Turkey Burger w/Bun Provolone Cheese Caramelized Onion & Mushroom Broccoli Mixed Vegetables
21 Quinoa Stuffed Pepper Key West Vegetable Blend Succotash	**22** Meatloaf Roasted Redskin Potatoes Green Beans	**23** Cauliflower Curry Cilantro Rice Steamed Baby Carrots	**24** BBQ Pulled Pork Macaroni & Cheese Sauteed Super Greens	**25** Pesto Bruschetta Chicken European Vegetable Blend Brussels Sprouts Breadstick
28 Broccoli Stuffed Chicken Roasted Redskin Potatoes Mixed Vegetables	**29** Turkey Lasagna Stuffed Zucchini Malibu Vegetable Blend Green Beans Whole Wheat Dinner Roll	**30** Greek Stewed Vegetables Roasted Yukon Potatoes Spinach Pita Bread		

Every effort will be made to provide you with the selected menu, but occasionally there may be a substitution served due to circumstances beyond our control.

Each meal comes with your selection of drink: Skim milk, 2% milk, low-fat chocolate milk, orange juice, apple juice.

Meals marked with this symbol are vegetarian.

HIGHLIGHTING MENU ITEMS

JUNE 4	JUNE 7	JUNE 23	JUNE 25	JUNE 30
SHREDDED PORK TINGA	**SAUTEED SUPER GREENS**	**CAULIFLOWER CURRY**	**PESTO BRUSCHETTA CHICKEN**	**GREEK STEWED VEGETABLES**
Seasoned shredded pork served with queso fresco and tortillas.	Sauteed shredded kale, broccoli, brussels sprouts, and cabbage with garlic and onion.	Cauliflower simmered in a rich coconut sauce seasoned with a blend of cinnamon, curry and ginger.	Roasted chicken topped with a delicious medley of roma tomatoes, onions and basil pesto.	Fresh eggplant, cauliflower, broccoli, green peppers, and zucchini simmered in vegetable stock, topped with feta cheese and served with fluffy pita bread.

SourcePoint Meals on Wheels Program

JUNE - COLD CARB CONTROLLED

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 NO MEAL DELIVERY Use Frozen Holiday Meals	**2** Turkey w/Wheat Bread Cheddar Cheese Three Bean Salad Tropical Fruit	**3** Vanilla Yogurt Parfait Scone Sliced Apples	**4** Tuna Salad over Salad Greens Fresh Cut Fruit Whole Wheat Crackers
7 Egg Salad w/Wheat Bread Apricots Mixed Fruit	**8** Steak, Blueberry & Pecan Salad Cottage Cheese Peaches	**9** Chicken Caesar Salad Three Bean Salad Tomato Wedges	**10** Turkey Club Sandwich Apricots Mandarin Oranges	**11** Israeli Salad Grapes Whole Wheat Crackers
14 Cottage Cheese Pineapple/Peaches Peanut Butter/Celery Sticks Whole Wheat Crackers	**15** Salmon & Ratatouille Salad Fresh Cut Fruit Pears	**16** Corned Beef w/Rye Bread Swiss Cheese Tomato Wedges Applesauce	**17** Peach, Blueberry & Almond Spinach Salad Watermelon Whole Wheat Crackers	**18** Citrus Chicken Salad w/Almonds Mixed Fruit Whole Wheat Crackers
21 Summer Quinoa Salad w/ Sunflower Seeds Swiss Cheese Cubes Sliced Apples	**22** Turkey & Wheatberry Salad Apricot Whole Wheat Crackers	**23** Steak Cobb Salad Mandarin Oranges Whole Wheat Crackers	**24** Corn & Zucchini Salad w/Feta Creamy Cucumber, Tomato & Chickpea Salad Watermelon	**25** Cauliflower Broccoli Ham Salad Peaches Whole Wheat Crackers
28 Guacamole Veggie Sandwich Cheddar Cheese Cubes Applesauce	**29** Roast Beef Lettuce Wrap Macaroni Salad Tropical Fruit	**30** Thai Chicken Salad w/Peanuts Mandarin Oranges Tropical Fruit		

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Each meal comes with your selection of drink: Skim milk, 2% milk, low-fat chocolate milk, orange juice, apple juice.

Meals marked with this symbol are vegetarian.

HIGHLIGHTING NEW MENU ITEMS

JUNE 2	JUNE 11	JUNE 21	JUNE 22	JUNE 30
TROPICAL SLAW	**ISRAELI SALAD**	**SUMMER QUINOA SALAD**	**SHREDDED TURKEY & WHEATBERRY SALAD**	**THAI CHICKEN SALAD**
Sweet and savory crunchy coleslaw blended with tropical fruit salad.	Cucumbers, tomatoes, bell peppers, and red onion mixed with couscous and dressed with a lemon oil vinaigrette.	Quinoa, cucumbers, peppers, dried cranberries, garbanzo beans, crunchy sunflower seeds tossed in a honey Dijon vinaigrette.	Chewy grain tossed with shredded turkey, kale, onion, red grapes and feta cheese. Tossed in a tangy honey Dijon dressing.	Thin sliced Napa and red cabbage, onions, carrots, and shredded chicken tossed in a savory vinaigrette and topped with crunchy peanuts.